



香港田徑總會

Hong Kong Association of Athletics Affiliates

Website: www.hkaaa.com E-mail: inquiry@hkaaa.com

晚間訓練通告

因應 2019 冠狀病毒的最新情況，康樂及文化事務署公佈更多的設施及場地將會陸續重新開放，而本會的晚間訓練亦會在有限制的情況下回復正常，教練及運動員必須遵守以下的使用守則：

使用安排

- 接納 2021 年度田總有效註冊教練及運動員使用。
- 教練及運動員必須登入以下連結預約申請，成功申請後，方可於當日入場訓練。
<https://bit.ly/36pEzm3>
- **開始申請**：前一個練習日早上 11 時正起。
- **截止申請**：練習日當天早上 10 時正止。
- 每人每天只可申請一節時段。
- 教練及運動員必須出席已申請的練習時段。缺席者，有機會影響日後使用運動場的權利。

1. 為避免運動場過於密集，運動場將限制每節開放時段的入場人數。
2. 教練及運動員只能於已預約申請的開放時段內進場訓練，場地負責人有權拒絕未有預先登記的教練及運動員進場。
3. 教練及運動員必須出示有效的田總註冊証，方可進場練習。場地負責人有權拒絕未能出示有效証件的人士進場。
4. 教練及運動員在進場前必須接受體溫測量及以酒精搓手液清潔雙手，如出現發燒症狀，即體溫 37.5 度或以上。場地負責人有權拒絕該人士進場。
5. 運動場備有酒精搓手液及消毒火酒等清潔消毒用品，供教練及運動員為器材進行消毒。
6. 訓練期間的器材借用、線道及擲項訓練，將參照晚間訓練的既定安排，詳情可參閱<<晚間訓練-使用規則>>。
7. **教練及運動員在訓練過程中，必須遵守以下的香港特別行政區政府的法例：**
 - 《預防及控制疾病（禁止羣組聚集）規例》（第 599G 章），禁止於公眾地方進行多於限定人數的羣組聚集。
 - 《預防及控制疾病（規定及指示）（業務及處所）規例》（第 599F 章），訓練期間每個小組的訓練人數不能多於限定人數，並保持最少 1.5 米的社交距離。
 - 《預防及控制疾病（佩戴口罩）規例》（第 599I 章），於公眾地方必須一直佩戴口罩，運動期間除外。
8. 所有入場人士必須按政府的防疫規定，入場時所有人士須使用手機應用程式『安心出行』或登記個人資料以紀錄行蹤。進入場地後再向場監以田總運動員証或教練証作登記。
9. 本會將因應情況適時更新上述的運作安排，並保留隨時修改及增刪各項規則的權利。
10. 晚間訓練時間表將會適時作出更新，請密切留意最新消息。

香港田徑總會
2021 年 2 月 17 日



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更新: 2021 年 2 月 19 日

田總會員晚間訓練時間表 (2021 年 2 月份至 3 月份)

訓練場地: 沙田運動場

訓練時間: 18:00-20:00

月份	星期一
2 月	22
3 月	8,15,22

※ 此場地不設撐竿跳及鏈球訓練。

訓練場地: 香港仔運動場

訓練時間: 19:00-22:00

月份	星期三
2 月	24
3 月	3,10,17,24,31

※ 此場地不設撐竿跳及擲項訓練。

訓練場地: 深水埗運動場

訓練時間: 18:00-21:00

月份	星期三	星期五
2 月	24	19,26
3 月	3,10,17,24,31	5,12,19,26

※ 此場地不設撐竿跳及鏈球訓練，而擲項訓練的安排有機會因臨時草地保養而有所調整。

訓練場地: 九龍灣運動場

訓練時間: 19:00-21:00

月份	星期五
2 月	19,26
3 月	5,12,19,26

※ 此場地不設撐竿跳及鏈球訓練。

※ 擲項訓練只限於 19:00-20:00 期間進行。

※ 場地將於 20:00-21:00 開放第 5 至 8 線道予公眾人士使用，而晚間訓練將集中於第 1 至 4 線道進行。

備註:

1. 運動員及教練必須出示 2021 年有效田總証方可進場練習。
2. 教練如有需要借用場地之器材，必須把教練証交給場監登記及保管，待即日歸還所借用的器材後方才發還。
3. 如有任何查詢，請致電 2177 2600。



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17 February 2021

Notice of Evening Training

In view of the latest situation of COVID-19, the Leisure and Cultural Services Department announced that more facilities and venues will be reopened. Therefore, the evening training sessions of HKAAA may resume normal under the restrictions, coaches and athletes must refer to the below regulations:

Regulations

- Applicant should be valid 2021 registered coaches and athletes of HKAAA.
- Coaches and athletes are only allowed for entrance after they successfully registered in the following hyperlink. <https://bit.ly/36pEzm3>
- **Open for register:** 11:00am of the training day before the reservation session
- **Deadline of register:** 10:00am of the day of reservation session
- Each person can only register one session per day.
- Coaches and athletes must attend the reserved session, HKAAA will reserve the right to accept the registration of the absentees in the future.

1. In order to avoid crowded gathering, admission quota will be set for each session.
2. Coaches and athletes should register online prior to entrance, the ground supervisor has the right to refuse the entry of coaches and athletes who have not registered in advance.
3. Coaches and athletes must show their valid HKAAA registered coach/athlete cards when entering, the ground supervisor has the right to refuse the entry of coaches and athletes who can't show the card.
4. Coaches and athletes must undergo temperature check and use the alcohol-based hand rub at the entrance, the ground supervisor has the right to refuse the entry of coaches and athletes when body temperature is 37.5 degrees or above.
5. Disinfection agent such as alcohol spray and alcohol-based hand rub are available in the sports ground, coaches and athletes can use according to their personal needs.
6. The arrangement regarding the borrowing of equipment, use of the track and field, please refer to the <<<Rules of Evening Training>>.
7. **Coaches and athletes must comply with the following laws of the HKSAR government:**
 - <<Prevention and Control of Disease (Prohibition on Group Gathering) >>Regulation (Cap. 599G) , no group gathering with more than the limit of number may take place in any public place.
 - << Prevention and Control of Disease (Requirements and Directions) (Business and Premises) >>Regulation (Cap.599F), the number of trainees in each group during the training cannot exceed the limit of number and the social distance should at least 1.5 meters.
 - <<Prevention and Control of Disease (Wearing of Mask) >>Regulation (Cap. 599I), requirement to wear mask in public place, except during the training.
8. All users must comply with the regulation of Government by using the mobile app " LeaveHomeSafe " or register their personal information to record their visits at the venue entrance, then they should register at HKAAA counter with their HKAAA registered athlete or coach card.
9. HKAAA will keep in view on the latest situation and reserve the right to make any changes of the arrangement is needed.
10. The <Evening Training Schedule> will update according to the availability of Sports Grounds, please pay close attention to the latest HKAAA news.



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Revised on 19 February 2021

Timetable of Evening Training for HKAAA Members (From Feb to Mar 2021)

Training Centre: Sha Tin Sports Ground

Training Time: 18:00-20:00

Month	Mon
Feb	22
Mar	8,15,22

※ No pole vault and hammer throw training will be available at this venue.

Training Centre: Aberdeen Sports Ground

Training Time: 19:00-22:00

Month	Wed
Feb	24
Mar	3,10,17,24,31

※ No pole vault and throw event training will be available at this venue.

Training Centre: Sham Shui Po Sports Ground

Training Time: 18:00-21:00

Month	Wed	Fri
Feb	24	19,26
Mar	3,10,17,24,31	5,12,19,26

※ No pole vault and hammer throw training will be available at this venue, the arrangement of throw event training may be adjusted due to the temporary turf maintenance.

Training Centre: Kowloon Bay Sports Ground

Training Time: 19:00-21:00

Month	Fri
Feb	19,26
Mar	5,12,19,26

※ No pole vault and hammer throw training will be available at this venue.

※ Throw event only available at 19:00 - 20:00.

※ Evening training will be confined to the lane no. 1 – 4 of the track and lane no.5 – 8 will be released for public use from 20:00 - 21:00.

Remark:

- (1) Athletes and coaches must present the valid 2021 HKAAA registration cards when entering the sports grounds.
- (2) **Coach Registration Cards should be kept by the Ground Supervisor for borrowing training equipment.** Coaches may get back their cards once return the borrowed equipment.
- (3) Should you have any enquiry, please feel free to contact us at 2177 2600.